



Healthy Kids, Healthy Communities

San Antonio, Texas



www.healthykidshealthycommunities.org

ABOUT SAN ANTONIO

San Antonio, Texas is a large city with a small-town feel and a rich cultural history. Unfortunately, it also faces challenges—many inner-city residents are burdened by high rates of obesity and diabetes. The *Healthy Kids, Healthy Communities* San Antonio initiative is working with the residents in one such community—Westside San Antonio. The Westside is home to 116,000 people, 96 percent of whom are Hispanic. San Antonio is in Bexar County, where, as a whole, two-thirds of the population is overweight or obese, and the obesity rate continues to increase. In one inner-city school district, almost 30 percent of students were obese. In addition, a federal health survey of more than 1,300 students at eight local high schools in 2007 found that nearly two out of every five were overweight or obese.

COMMUNITY PARTNERSHIP ACTIVITIES

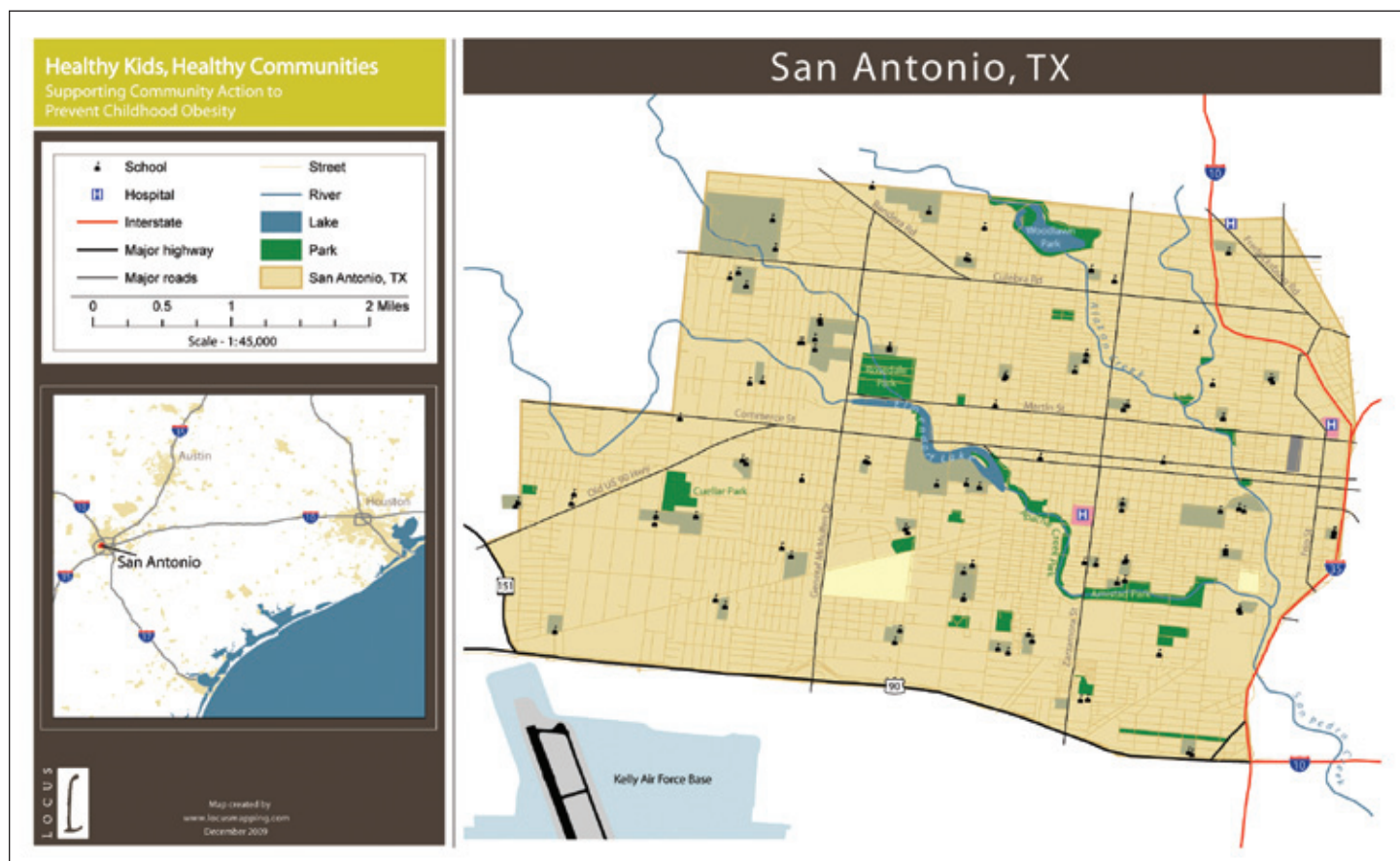
The San Antonio Metropolitan Health District is partnering with nutrition, physical activity and public health experts throughout the community, as well as citizens and other stakeholders, to leverage community resources effectively. These partners include the San Antonio Planning Department, San Antonio Parks & Recreation Department, the Metropolitan Planning Organization, the University of Texas at San Antonio School of Health & Kinesiology, VIA Metropolitan Transit, the University of Texas Health Science Center at San Antonio-School of Nursing, the San Antonio Restaurant Association, the Health Collaborative, Texas Public Rodeo and several community based organizations within the target area.

Key policy activities include:

- expanding shared use of schools and other public facilities so it's easier for children to be active;
- working with restaurants and corner stores to offer nutritious foods in appropriate serving sizes; and
- ensuring that new development and redevelopment projects are walkable and bikeable.

CONTACT

For more information about the community action program to fight childhood obesity in San Antonio, Texas, contact the program coordinator, David Clear at david.clear@sanantonio.gov or (210) 207-2002. To learn more about what communities across the nation are doing, visit the *Healthy Kids, Healthy Communities* Web site www.healthykidshealthycommunities.org



AT A GLANCE

Demographic Profile:

Latino (61%)

White (29%)

African-American (7%)

Asian (2%)

Income below the federal poverty line: **17%**

Population: **1,373,668**

Population under age 19: **29%**

ABOUT THE PROGRAM

Healthy Kids, Healthy Communities is a five-year, \$33-million national program of the Robert Wood Johnson Foundation. It is one of the largest and most ambitious community-action programs ever supported by the Foundation and a cornerstone of RWJF's \$500 million commitment to reverse the country's childhood obesity epidemic by 2015.

The program supports and provides direct technical assistance to 50 community partnerships across the country that are working to make their communities healthier and safer places to live, learn and play. Through diverse partnerships, *Healthy Kids, Healthy Communities'* initiatives are pursuing an array of policy and environmental strategies to transform communities and promote active living and healthy eating—from farmers' markets in public school yards to community gardens and produce-stocked corner stores; from new bicycle lanes and wider sidewalks to a pedestrian-only boulevard on weekends. *Healthy Kids, Healthy Communities* places special emphasis on reaching children who are at highest risk for obesity on the basis of race/ethnicity, income and/or geographic location.